



# Vegetable Lasagna

*By On Top of the World Chefs*



## Ingredients:

- 2 tbsp olive oil
- 2 heads fresh broccoli, chopped
- 1 lb lasagna noodles
- 2 carrots, chopped
- 1 large onion, chopped
- 2 green bell peppers, chopped
- 2 small zucchini, sliced
- 3 cloves garlic, small, diced
- 3 cups heavy cream
- 3/4 cup Parmesan cheese, divided
- Salt and pepper to taste
- 1 (10 ounce) package frozen chopped spinach, thawed, chopped and drained
- 32 oz ricotta cheese
- 1 can cream of celery or mushroom soup
- 2 1/2 cups shredded mozzarella cheese, divided
- 1 tsp Italian seasoning

## Directions:

Preheat oven to 375 degrees F (190 degrees C). Grease a 9 x 13 inch casserole dish.

Bring a large pot of lightly salted water to a boil. Add lasagna noodles and cook for 8-10 minutes or until al dente; drain.

Heat oil in a large cast iron skillet over medium heat. When oil is hot add broccoli, carrots, onions, bell peppers, zucchini and garlic. Sauté for 7 minutes; set aside.

Place flour in a medium saucepan and gradually whisk in milk until well blended. Bring to a boil over medium heat. Cook 5 minutes, or until thick, stirring constantly. Stir in 1/2 cup Parmesan cheese, salt and pepper; cook for 1 minute, stirring constantly. Remove from heat; stir in spinach. Reserve 1/2 cup spinach mixture. In a small bowl mix cream of celery soup, ricotta cheese and Italian seasoning and mix thoroughly.

Spread about 1/2 cup of spinach mixture in the bottom of the prepared pan. Layer noodles, ricotta mixture, vegetables, spinach mixture and 2 cups mozzarella cheese, ending with noodles. Top with reserved spinach mixture, 1/2 cup mozzarella cheese and 1/4 cup Parmesan cheese. Bake in preheated oven for 35 minutes, or until lightly browned on top. Cool for approximately 10 minutes before serving.



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Amount Per Serving	
<b>Calories</b>	783.0
<b>Total Fat</b>	42.5 g
Saturated Fat	24.0 g
Polyunsaturated Fat	2.2 g
Monounsaturated Fat	12.6 g
<b>Cholesterol</b>	140.3 mg
<b>Sodium</b>	559.0 mg
<b>Potassium</b>	658.4 mg
<b>Total Carbohydrate</b>	71.4 g
Dietary Fiber	7.3 g
Sugars	4.4 g
<b>Protein</b>	29.8 g